



## Mosquitoes and DEET

**Are mosquitoes biting you ? The use of a DEET-containing insect repellent is the most effective way of protecting yourself from the chance of serious bites.**

The U.S. EPA (Environmental Protection Agency) has determined that when people follow label instructions, repellents containing DEET can be used by people of all ages.

Aerosol and pump-spray insect repellents are used on the exposed skin and for treating clothing. They provide an even application. Liquid, cream, lotion, and stick products allow you to put the insect repellent exactly where you want it.

Lower-concentration DEET products (20% to 35 %) can be used by adults for most situations. Products with higher concentrations of DEET can give increased and longer protection. The American Academy of Pediatrics recommends a DEET concentration of 10% or less for children.

**The Louisville Metro Health Department recommends the following guidelines when using repellents that contain DEET:**

- Read the entire product label before use, especially when using repellent on children.
- Apply the repellent outdoors or in a well-ventilated area.
- Use insect repellents on exposed skin, taking care to avoid the eyes and mouth.
- Do not use on wounds or scratches.
- Do not allow children to put the repellent on themselves.
- Do not put the repellent on the hands of small children; they frequently put their hands in their mouths.
- Apply to clothing (natural fibers only) for more protection, follow label directions.
- Avoid over-saturation -- it's not necessary for adequate protection.
- Use more repellent after exercise or swimming or as directed on product.
- Wash the skin with soap and water and wash treated clothing after returning indoors.
- Keep out of the reach of children; DEET can be toxic if ingested.
- Try to stay indoors from dusk to dawn, this is when most mosquitoes bite.

**\*A very small number of children and adults may be sensitive to chemicals such as DEET. If there is a suspected reaction to any insect repellent, wash the area and call your local poison control center or seek medical attention.**